

# Group Exercise Classes

## Atherton Leisure Centre

Accurate as of 29/11/2021

### Times for Saturday 16 October



Time	Session	Facility	Instructor	Level
10:00 - 11:00	LesMills BODYATTACK	Studio 1	Amy	All
11:30 - 12:30	LesMills BODYPUMP	Studio 1	Amy	All
13:00 - 14:00	Yoga	Group Cycle Studio	Jackee	All